



Month 3 - Video #3

Heavy Metals & Toxins

1. Heavy metals along with toxins are the major drivers of inflammation in the body and in my opinion the number one driver of autoimmune disorders such as thyroid, type II diabetes, irritable bowel syndrome and the list goes on.
2. It is important to know that we need to eliminate these heavy metals and toxins from the body and brain if we want to down regulate inflammation and change gene expression affecting weight, blood pressure and hormone regulation which we will discuss in the "Autoimmune" video in detail this month.
3. There are two significant heavy metals that I tend to see most often when working with clients. The first is Mercury. Mercury exposures can come in various forms. Vapor inhalation such as during the input or removal of amalgam fillings (especially if done improperly), ingestion, injection (such as during flu vaccination) and through the skin. Mercury comes in three forms; 1) elemental 2) inorganic salts and 3) organic compounds (the most toxic being methylmercury).

Mercury is a potent neurotoxin however before we knew the severe effects it could have on an individual it was used heavily in the past in products such as diuretics, antibacterial agents, antiseptics, laxatives, and prior to 1990 paint for its antifungal properties. It was also used in the hat making industry which is where the term "mad as a hatter" was coined.

Side effects now are known to range from inattention, excitement, hallucination, memory, motor impairment (tremors) and many more. As you can see some of these effects are symptoms similar to those seen in hypothyroid patients, autoimmune patients, Parkinson's / Alzheimer's and more. This is not a coincidence in my opinion and the opinion of many others.

Mercury is still being used in amalgam fillings, the industries of battery, thermometer and barometer manufacturing just to name few.

4. The second is Lead. Lead, even in small amounts, can cause serious health challenges. Physical and mental development can be seriously affected in children exposed under the age of six.

The most common source of lead exposure is from our mothers during gestation. While in the womb when the baby needs calcium it pulls it from mother's bones. Along with the calcium comes lead because lead likes to store itself in bone. Lead has been shown to be passed down through several generations and lead was much more prevalent in the past used in paint, piping for homes and more. Other sources of lead include contaminated air, water and soil. People who work in the auto repair industry and those who work with batteries are also susceptible to lead exposure.

In children additional effects of lead exposure include slowed growth, learning difficulties, irritability, weight loss, decreased appetite, fatigue, constipation, vomiting and hearing loss and more.

In adults effects include high blood pressure, stomach ache, constipation, joint pain, decreased mental capacity, headache and memory loss.

Pulling heavy metals and other toxins from the body and brain in my opinion are crucial to long term success with combating the autoimmune epidemic and most chronic degenerative conditions affecting most people today.